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Quick Updates**Annual General Meeting - AGM**

The AGM of Ballymoney u3a will be held on Tuesday 7th May 2024 at 11:00 am in the Connect Centre, 2-10 Model School Road, Ballymoney.

Please note: Your attendance at this meeting is very important as a quorum of 20% of the membership must be in attendance in order for the Annual General Meeting to take place.

Following the business of the Annual General Meeting, musical entertainment will be provided by "Scad the Beggars".

Tea/coffee will be served between 10:25 am and 10:50 am.

Annual Outing

This year's Annual Outing is to Glenarm Castle & Garden on Tuesday 4th June 2024. The cost of the outing is £26.50 per person which includes a guided tour of the Castle, self-tour of the garden and travel by coach to Glenarm - leaving Ballymoney at 10:00 am and returning from Glenarm at 3:30 pm. Please note: Seats on the coach are limited to 49 and will be allocated on a first come, first served basis. You can avail of lunch at the Tea Room, the Pizza Pavilion or the Potting Shed. There are also a variety of shops to visit.

If you are interested in going on the outing, can you please let me know by **Tuesday 30th April 2024** at: helpeventsbu3a@gmail.com or on mobile number 07729117248.

Report of Members Meeting – Meeting 2nd April

There was a great turnout of Bu3a members to listen to our guest speaker David McKeown whose topic was 'From Vet to Life Coach - An Unexpected Journey'.

David qualified as a vet and was in Farm Practice for 20 years, he then changed tack and worked in Professional Indemnity Insurance for 30 years where he became aware of the mental health/suicide statistics in the veterinary profession which in male vets is 4 times the national average and in female vets it's 10 times. David became involved in VetLife – a helpline for vets and as a result undertook training with the Samaritans with whom he is still involved.

David went on to talk about stress and mental health issues. He gave some causes of stress in older people such as health, money, isolation, support, the future, grandchildren and other family, global warming and politics. He gave us four tools to help alleviate stress:

1. Exercise – 2 1/2 hours of aerobic activity a week which creates emotional and mental balance.
2. Breathing – David showed us the 7/11 breathing technique –

a room full of people lying back in their chairs with their eyes closed was a sight to behold

3. Shakeouts and stretching while standing
4. Tensing and relaxing whilst sitting or standing.

He also mentioned other tools such as a healthy diet, less social media, a good night's sleep, having fun with others and having a hobby. David explained that stress is inevitable but it can be controlled.

All in all a lively, engaging and informative talk.

All members are welcome and are encouraged to bring along a friend or family member who will be made very welcome.

Anyone wanting to get more information about membership of Ballymoney u3a is invited to contact the membership secretary by email membershipbu3a@gmail.com.

Information is available on the website www.ballymoney.org.uk

Sue Pinkerton

Activity Reports

Story Telling Group – April 2024

The April meeting of the storytelling group was treated to a wonderful selection of stories from those present. A lot of the stories had a travel theme-:

Getting lost in New York
A 'Robbery' in Central Park
Visits to Istanbul and Jerusalem
Rosary beads blessed by the Pope
WW 1 running from Russians
Owner of the Chronicle and his plane
Salmon fishing at Benone

The next session of the Storytelling group will be in The Hub Ballymoney on **Monday 13th May at 11.00**. Everyone welcome.

George McAuley

Out to Lunch – April

This months Out to Lunch took place at The Bayview, Portballintrae. Fabulous food, good company and we were in no hurry to leave. Fun afternoon!

Marie Hegarty

Just a few of our happy Out to Lunchers!



Gardening Group – 25 April 2024



Our gardening group enjoyed a visit to Antrim Castle Gardens last Thursday afternoon. We wandered round the beautiful well-kept gardens showing lots of Tulip beds, small shrub beds with azaellias, camelias, Livingston daisies, daffodils, grasses, pansies and my most favourite shrub Bleeding Heart or Dicentra, to name just a few. Coffee and a cake finished off the most enjoyable afternoon.

Kathleen Owens

Antrim Castle Gardens



Golf Group – April 2024

The golf group enjoyed a two day break at Innishowen Gateway hotel. There were several games of golf enjoyed and the beautiful sunny weather made all the difference.

The hotel was good and after a hearty breakfast the Three Ball Scramble was the highlight on Thursday morning. The winners being Philomena, Colin and Mary with a narrow majority.

Kathleen Owens

Deciding on the best shot



And afterwards: a golfing lunch



Ways to contact us

We offer two main ways to contact us – shown below. Of course if you know an existing member or committee member please talk to them about joining us. Or, come to one of our activities or events – we will be pleased to meet you.

General Enquires

Please contact the following for any general enquires.

Role	Name	Phone	E-mail
Membership Secretary:	Elizabeth Stevenson		membershipbu3a@gmail.com
Activities Coordinator:	Kathleen Owens		activitiesbbu3a@gmail.com
Chairperson:	John Pinkerton		jwdp@sky.com

Committee Officers 2023-2024

Chairperson	John Pinkerton
Deputy Chairperson	George McAuley
Secretary	Sue Pinkerton
Treasurer	Elaine Wilson
Membership Secretary	Elizabeth Stevenson
Activities Coordinator	Kathleen Owens
Minutes Secretary/events	Eileen Richmond
IT Support	Michael Diver

Events and Meetings

Date	Event/Meeting	Venue	Information
Tuesday, 5 September 2023	SEPTEMBER MEETING SPEAKER Bonnie Cooper	Connect	ALL THINGS CHINESE. Bonnie came to N Ireland as a University student, met her future husband, and has been here for 20+ years. She has a well-established business and offers courses to Chinese citizens, and others interested in learning about Chinese Culture, The Language, The Food, and The Festivals. To put the icing on the cake Bonnie brings pre-prepared "eats".
Tuesday, 3 October 2023	OCTOBER MEETING SPEAKER Adrian Morrow	Connect	"TALES FROM THE CASTLE" Adrian is the Managing Director of Antrim Estates Company/Glenarm Castle and is renowned for his informative and humorous talks. He has over 30 years of experience in Estate and Land Management, Tourism and Events, Hospitality, and Agriculture. This enables Adrian to drive the introduction of new projects and keep the business going, forward.
Tuesday, 7 November 2023	EVENT INFORMATION DAY - EXHIBITORS	Connect	INFORMATION DAY WITH LOCAL EXHIBITORS (20+ exhibits) Bu3a INFORMATION DESK North Community Transport Make-The-Call Service Good Morning Causeway Kennedy's Pharmacy Kilrea Home Heating Advice, CC&Glens B Council WAVE, Caring for Victims and Survivors Bu3a BOOK SHARE
Tuesday, 5 December 2023	EVENT CHRISTMAS LUNCH	To be decided/ confirmed	CHRISTMAS LUNCH - FIRST TUESDAY IN DECEMBER Meeting for lunch provides members with an opportunity to socialise, meet other members, and have some good food, fun, and company. The Lodge Hotel, Coleraine, is one of our most popular venues at Christmas. NB: Eileen Richmond will provide members with details well in advance of the event. Guests welcome!
Tuesday, 2 January 2024	JANUARY MEETING SPEAKER Sir Paul Girvan	Connect	HIGH COURT JUDGE, Rt Hon Sir Paul Girvan was educated at Larne Grammar School, Belfast Royal Academy, Clare College, Cambridge, and Queen's University, Belfast. Called to the bar of Northern Ireland, in the early 70's he went on to have a distinguished career, receiving a knighthood on his appointment as a Justice of the High Court of Northern Ireland. He has served as Chairman of the Law Reform Advisory Committee, and the Land Registration Committee.
Tuesday, 6 February 2024	FEBRUARY MEETING SPEAKER Eddie Lynch	Connect	COMMISSIONER FOR OLDER PEOPLE FOR NORTHERN IRELAND The Commissioner's primary role is "to safeguard and promote the rights of older people and to provide advice to government on policy, practice and legislative issues that affect older people". Making recommendations for improving the care home sector, providing regular advice to the government during the pandemic, and continuing to advocate for older people are part and parcel of his role. Q&A SESSION TO FOLLOW.
Tuesday, 5 March 2024	MARCH MEETING SPEAKER Tori Calderwood	Connect	COAST (CAUSEWAY OLDER ACTIVE STRATEGIC TEAM) COAST is an inter-agency partnership that aims to improve the health and well-being of those aged 60 and over in the CC&G Borough Council area. Holding bi-annual forums and large networking events, ensures the voices of older people are heard. Tori's Bu3a visit will provide an insight into the various services available to us. Q&A SESSION
Tuesday, 2 April 2024	APRIL MEETING SPEAKER David McKeown	Connect	"FROM VET TO LIFE COACH - AN UNEXPECTED JOURNEY " David doesn't believe in 'retirement' and is currently in his 4th career. Many will know him as a vet in North Antrim. After 25 years, in his late 40's, he moved to the challenging role as Executive Director of a Cheshire-based Insurance Company. Nowadays he is the Director of the Samaritans charity and is a qualified Coach. His talk to u3a will focus on anxiety/stress management and how the power of various techniques can help impr
Tuesday, 7 May 2024	MAY MEETING AGM and ENTERTAINMENT	Connect	ANNUAL GENERAL MEETING. YOUR ATTENDANCE AT THE AGM IS VERY IMPORTANT, as a quorum of 20% of the membership must be present. AGENDA 1 Apologies for Absence 2 Minutes from previous AGM 3 Presentation of Reports 4 Election of Officers 5 Election of Committee members. AFTER THE AGM BUSINESS HAS CONCLUDED, ENTERTAINMENT will be provided by "SCAD THE BEGGARS".
Tuesday, 4 June 2024	EVENT ANNUAL DAY TRIP	To be decided	ANNUAL DAY TRIP The Day Trip offers members an opportunity to socialise and get out and about. Guests are very welcome! Have you been to a "place of interest" that may be suitable as a Bu3a Day Trip? Recommendations from members are most welcome! If you have suggestions, get in touch with Eileen at: helpeventsbu3a@gmail.com or speak with a Committee member.

Activities

Activity	Day/Time	Venue	Leader	Information
ARCHERY	TBC TBC	As advised by Activity Leader	Frances	To be arranged once a month. All equipment provided
ART	TBC TBC	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Brian Kelly	From Watercolours , Painting with Wax, Pencil to Drawing and more ...
BRIDGE	Monday 2.30 pm - 4.30 pm	Ballymoney Community Resource Centre, Acom Business Centre, 2 Riada Ave, Ballymoney BT53 7LH	Paul/ Kathleen	Engaging with others and learning how to play the fascinating game of Bridge
COFFEE CATCH-UP	Last Friday each month 10.00 am - 12.00 pm	As advised by Activity Leader	Julie/ Marie	The group meets in Nico's Restaurant, at Ballybrakes for socialising over a cup of coffee.
COMPUTERS, IPADS .TECHNOLOGY	Wednesday 10.30 am - 12:00 pm	Ballymoney Community Resource Centre, Acom Business Centre, 2 Riada Ave, Ballymoney BT53 7LH	Michael	Tuition is available for IPAD's, Apple and Android based mobile phones and Microsoft Windows based computers. Subjects covered include: basic how to use; apps such as e-mail; security and for Windows users Microsoft Office products such as Word processing. Participants should have their own devices.
CRAFTS	TBC TBC	As advised by Activity Leader	Sally	Designing and decorating everyday items using artistic techniques.
CREATIVE WRITING	3rd Tuesday each month 12.30 pm - 2.00 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Sharon/ Anne	Get together and write stories on given topics.
ENVIRONMENT	Monday ON HOLD TBC	As advised by Activity Leader	Jean	Group getting together to clear rubbish and debris from a local area to make the environment more pleasant. Reflective safety jackets and tools are provided
FAMILY, LOCAL HISTORY	3rd Tuesday each month 10.30 am - 12.00 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	John/ Gladys	Researching family history for part of the term. Visiting and studying places of historical interest.
GARDENING	3rd Thursday each month 2.00 pm onwards	Ballymoney Community Hub, Robinson Hospital Site	Geoff/ Davy	Having some workshops - seed sowing, plant swaps or videos. Mostly going on visits to open gardens.
GOLF	Thursday weekly Starting 10.00 am	As advised by Activity Leader	Donal/ Paul	The group meets each week at different golf courses. mainly Benone. They also organise a two day golf holiday twice a year.
OUT TO LUNCH	3rd Friday each month 12.30 pm for 1.00 pm.	As advised by Activity Leader	Eileen	Meeting at various restaurants for good food, good company and good chat.
PHOTOGRAPHY	ON HOLD 10.30 am - 12.00 pm.	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Davy/lan	Learning techniques for taking good photos in various locations. The next week studying those photos followed by discussions. CURRENTLY "ON HOLD"
READING GROUP	2nd Tuesday of the month 10.30 am - 12.00 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Mary/ Karen	Getting together to read a suggested book and then sharing opinions.
STORY TELLING	2nd Monday of each month 11.00 am - 1.00 pm	Ballymoney Community Hub, Robinson Hospital Site	Mary/ George	Some very intriguing stories are told in this group, with each member imparting their knowledge or relating their childhood memories perhaps.
UKELELE	TBC 11.00 am - 12.00 pm	As advised by Activity Leader	Mary	Providing harmonious melodies using a Ukelele. The Ukelele is provided at first until you become competent.